



## OREO Split

READY IN



5 min.

SERVINGS



5

CALORIES



53 kcal

### Ingredients

- 1 banana
- 2 jell-o chocolate pudding snacks
- 2 oreo cookies crumbled
- 0.3 cup cool whip whipped topping thawed

### Equipment

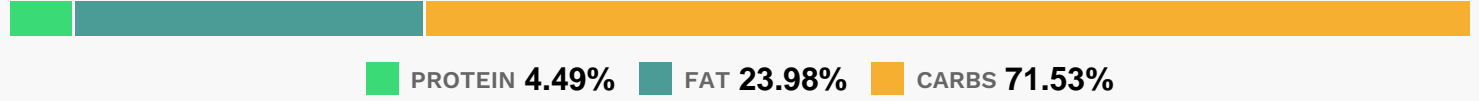
- bowl

### Directions

- Spoon pudding into 2 small bowls.

- Insert bananas in pudding.
- Top with COOL WHIP and cookie crumbs.
- Serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:10.96, Glycemic Load:2.61, Inflammation Score:-1, Nutrition Score:1.6943477962328%

### Flavonoids

Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 53.19kcal (2.66%), Fat: 1.49g (2.3%), Saturated Fat: 0.72g (4.53%), Carbohydrates: 10.03g (3.34%), Net Carbohydrates: 9.26g (3.37%), Sugar: 5.99g (6.65%), Cholesterol: 0.08mg (0.03%), Sodium: 27.28mg (1.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Manganese: 0.1mg (4.89%), Vitamin B6: 0.09mg (4.43%), Iron: 0.65mg (3.62%), Fiber: 0.77g (3.07%), Potassium: 100.45mg (2.87%), Vitamin C: 2.05mg (2.49%), Magnesium: 9.07mg (2.27%), Folate: 7.77µg (1.94%), Vitamin B2: 0.03mg (1.9%), Copper: 0.04mg (1.81%), Vitamin K: 1.56µg (1.48%), Vitamin B3: 0.29mg (1.43%), Phosphorus: 12.72mg (1.27%), Vitamin B1: 0.02mg (1.17%), Vitamin E: 0.16mg (1.07%)